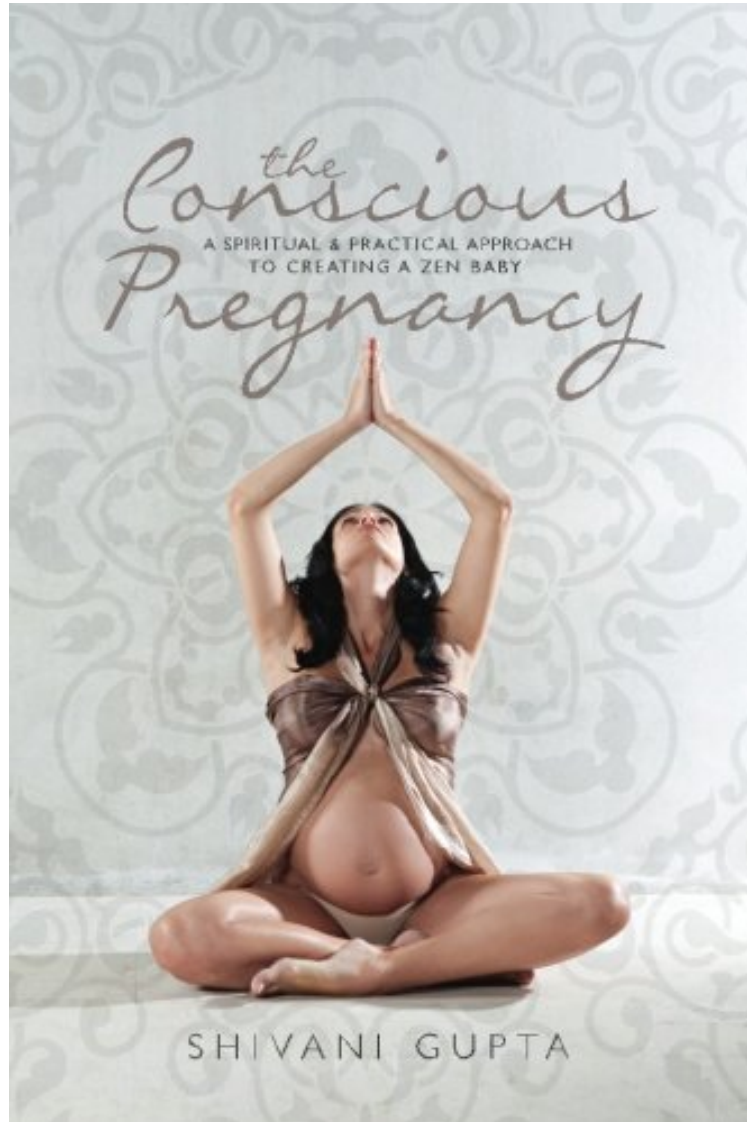


[Get free] The Conscious Pregnancy: A Spiritual and Practical Approach to Creating a Zen Baby

The Conscious Pregnancy: A Spiritual and Practical Approach to Creating a Zen Baby

Shivani Gupta

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Shivani Gupta : The Conscious Pregnancy: A Spiritual and Practical Approach to Creating a Zen Baby before purchasing it in order to gage whether or not it would be worth my time, and all praised The Conscious Pregnancy: A Spiritual and Practical Approach to Creating a Zen Baby:

1 of 1 people found the following review helpful. Expecting, or not, buy this if you want tips to live a happy balanced lifeBy Amy Lyn D'AlesioThe Conscious Pregnancy is a beautiful book for any woman who is either looking to be

pregnant or just cares about herself. The title is Conscious Pregnancy, but the information inside is for any woman who is interested in living a healthier life through truly simple habits and choices. Shivani shares her vulnerable experiences through pregnancies and birth while giving suggestions that make you see you have options that will be better for the baby and give your life more peace and joy in the process. Instead of overwhelming the reader with all the things that can go wrong or every nuance of pregnancy you can experience that's been done before it provides a great attitude and mindset for living a happy life, pregnant or not. 1 of 1 people found the following review helpful. This is the book of the moment for pregnant women ... By My Little Pudding This is the book of the moment for pregnant women and couples, midwives, doulas and educators. The Conscious Pregnancy is an empowering book offering a spiritual and practical approach for the modern-day woman. There is a lot of helpful advice, positive discussion and support about having a blissful pregnancy. 0 of 0 people found the following review helpful. This book changed my life... By BerniXiong Gorgeous cover. Beautiful message. Perfect size and quick read for anyone interested in conscious living strategies that are easy to understand, implement and sustain regardless of whether you are trying to get pregnant.

Pregnant women have been taught to not question doctors orders. They have learned to comply with practices that are popular, but not entirely necessary. This militant way of unquestioning because the doctor said so can be disempowering to the expectant mother and outright even dangerous, in many cases. In *The Conscious Pregnancy*, Shivani Gupta offers a spiritual and practical approach that empowers the modern-day woman to not feel guilty about going against societal norms to have a blissful pregnancy and childbirth. **WHAT YOU'LL LEARN:** The concept for *The Conscious Pregnancy* was born in the same delivery room where Shivani gave birth to Anya, her first child. Despite Shivani's healthy pregnancy, Anya had arrived seven days late and spent ten days in the Neonatal Intensive Care Unit (NICU) with a collapsed lung. It was a traumatizing childbirth she wishes upon no one a bittersweet experience that became the impetus for Shivani to develop a new framework fusing Western practices with ancient Eastern healing modalities. Shivani vowed that when she became pregnant again, she was going to run the show all the way into the birthing room. When Shivani gave birth to her second child, Aditya, her experience was much different than her first. Aditya arrived at 38 weeks and she delivered him with no complications. Shivani credits her conscious living framework for the heavenly childbirth experience the second time around because it prepared her mind, body, and spirit to make a Zen baby. For the first time ever, Shivani shares her framework publicly in *The Conscious Pregnancy*. Through her writing and work as an Ayurvedic Practitioner and Healer, Shivani is blazing trails to help women throw out the rules, trust their intuition, and run the show. *The Conscious Pregnancy* is comprised of five distinct phases a woman goes through before, during, and after pregnancy: 1. Building the Baby Palace (Pre-Pregnancy) 2. The Sad, Sick, and Spent Phase (Trimester One) 3. The Beautiful, Blessed, and Blissful Phase (Trimester Two) 4. The Eager, Excruciating, and Equipped Phase (Trimester Three) 5. The Rebuilding, Restoring, and Renewing Phase (Post-Pregnancy) As you read the chapters and apply the tools that make the most sense to you, Shivani urges you to release the guilt we attach to why, what, how, and who we should be during pregnancy and childbirth. **WHAT YOU'LL GET:** Here are some of the free resources and tools you'll get inside the book to help you navigate the journey before, during, and after pregnancy: - Detox and Supplements Recommendations - Reducing Toxic Burden in Your Home and Body - The Conscious Pregnancy Lifestyle Self-Survey - Simple Self-Care Rituals - Ayurvedic Must Dos - Basic Must Dos - Ways to Channel Your Creative Energies - Ways to Make the Third Trimester Tolerable - Conscious Birthing - The Conscious Pregnancy Lifestyle Choices - The Conscious Pregnancy Diet Guidelines - The 42-Day Taking Care of Mom after Birth Guide - Terms, Definitions, and Resources from the Experts (including additional information on birthing centers, homeopathy, energy medicine, and more) **WHO THE BOOK IS FOR:** - Women who are thinking about getting pregnant (in Chapter 1, you'll learn why preparing at least six months to a year before conception is the best way to plan for a healthy and happy pregnancy and childbirth) - Women who already are pregnant (in Chapters 2 through 5, you'll gain additional knowledge on Ayurveda and also basic must dos every pregnant woman must know that can equip you for an optimal pregnancy and childbirth, and a conscious rest of your life) - Newly-delivered moms (in Chapter 5, you'll learn crucial information to help you rebuild, restore, and renew your body, and you'll also get a postpartum guide to help you develop a healthier and happy baby)

About the Author Shivani Gupta was born and raised in Houston, Texas by a loving traditional Indian family. At an early age, she was empowered to make healthy nutritional choices. Her father was the epitome of healthy living. He taught her about organic foods, natural supplements, and fortifying the body for the best health. After decades as an ambitious scholar and now an authority on organic living, Shivani is helping women fuel their mind, body, and soul for a conscious pregnancy and Zen Baby. Shivani is an adoring wife, the proud mother of two healthy children, a relentless serial entrepreneur, and scholar of Ayurvedic medicine. She is currently pursuing a Ph.D. in Ayurvedic Studies. Through her successful entrepreneurial ventures, Shivani has gained expertise and notoriety in organic textiles, Azo free dyes, organic baby products, and organic pregnancy. Her work has been featured in *Psychology Today*, *USA Today*, *Vanity Fair*, *Whole Foods*, *American Baby Magazine*, *Entrepreneur Magazine*, *The Examiner*, and several other major publications. Her dedication as a catalyst of conscious living and an authority in the organic

sector led Shivani to launch Greenista.com, an eco-conscious blog, which received favorable reviews from top celebrities, actresses, and Olympic champions. Today, Shivani is focused on impacting millions of women's lives as an Ayurvedic Practitioner and Healer, with her books, and through her newest business, Fusionary Formulas--an Ayurvedic nutraceutical company transforming people's health, mobility, flexibility, and pain. For more information, visit ShivaniGupta.com.